



Fat Dissolving Aftercare

1. It is recommended that you do not apply any cosmetics for 24 hours following the treatment.
2. Bruising may occur. Avoid direct sunlight, sunbeds and heat therapies during the treatment period.
3. Nodules are not uncommon. They can last up to a month and usually disappear without any intervention.
4. Avoid hot baths and showers (tepid water only) for 5 days.
5. Avoid Aspirin for pain to reduce the risk of bruising or bleeding. Paracetamol is acceptable. Intermittent cooling with ice can be used by applying for 5 minutes post-procedure. A simple fan can also be helpful for discomfort.
6. If you believe that you are experiencing any adverse side effects, contact us immediately.
7. Avoid pressure on the area for the first 48 hours.
8. Avoid alcohol for 24 hours.
9. Do not massage the treatment area unless instructed to do so.
10. Avoid strenuous exercise for at least 4 weeks following treatment.
11. Drink plenty of water to help aid the body's lymphatic system.

